



THE CENTER FOR
Clarity, Compassion & Contentment

Mindfulness: A Superpower!

Mindfulness is being aware of the present moment and observing it non-judgmentally.

Benefits...

- Increased Self Awareness
- Better Choices
- Reduce Stress/Depression
- Improved Attention Span and Memory
- Physically Healthier
- Greater Compassion
- More Happiness

Key Aspects...

- *Beginner's mind*
- *Curiosity*
- *Non-Judgment*
- *Acceptance*
- *Patience*
- *Trust*
- *Letting Go*
- *Non-Striving*
- *Compassion*

Mindfully...

- Eat
- Parent
- Listen
- Do Chores
- Work (singletasking)
- Mind the Gap
- Use Reminders